





### **Instructions**

#### What is in this kit?

- 1. 20 x Bingo numbers with questions for discussion
  - You will need a bag.
  - Cut the numbers out and put them into a bag.
- 2. 15 x Bingo sheets (for 15 players).

#### **How to Play**

- 1. Give out a bingo sheet to each person.
- 2. Pick a person to be the Bingo caller.
- 3. The caller then pulls out bingo number cards from the bag.
- 4. The caller reads out the number on this card.
- 5. The players place their counter on that number if they have it.
- 6. The caller reads out the question on the number card.
- 7. Ask the players to answer or talk about the question.
- 8. After you have talked about the question, the caller pulls out the next number and reads out the question on that card.
- 9. You keep playing until someone calls "Bingo!" You call "Bingo!" when you have a counter on every number square on your sheet.
- 10. You do not need a counter on the middle square.



### BINGO



20 x Bingo Numbers to cut out





#### Skills

What skills do you think you would need as a self advocate?

What skills would you like to learn?





#### Goals

Self Advocacy groups make goals to work to.

What are goals?





#### Issues

If you were in a group, what are the issues that you think the group could work on?



#### Group



Why is it good to do self advocacy in a group?

What makes groups strong?

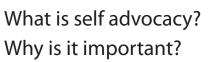




#### **Rights**

Name some rights you have. What rights are important to you?









### BINGO



20 x Bingo Numbers to cut out





#### **Support**

If you were in a group, what support do you think the group would need?

8

#### Work



There are not enough jobs for people with disabilities.

What jobs interest you?





Fun

It is important that self advicacy groups have fun. What things can groups do together to have fun?

10

#### Speak Up



Is it hard to speak up?
Why is it important to speak up?





Where do you live? Where would you like to live?





#### **Dreams**



What are your dreams?
What needs to happen to reach your dreams?



### BINGO



20 x Bingo Numbers to cut out

13



14



#### FRED:

Freedom - Respect - Equality - Dignity Which is important to you?

Do people treat you this way?

#### Strength

There is strength in numbers. **Discuss.** Is it hard to be strong sometimes?

15

**Choices** 



#### **Name**



You have the right to make choices in your life. Why is this important? What choices have you made?

What is a good name for your group? Why is a name important?





Lots of people with disabilities do not get enough money. Some people do not have control of their money. **Discuss.**  18



#### Learn

When you are in a self advocacy group you learn new things.
What things would you like to learn?



### BINGO



20 x Bingo Numbers to cut out





#### **Decisions**

Why do you need information to help you make decisions? What decisions do you make in your life?

20

#### Meetings



Why do groups have meetings? Have you been to a meeting? What was good or bad about the meeting?





**Skills** 

4



Group





**Self Advocacy** 

7



**Support** 

★ ★ ★ Self Advocacy

rocks!







Speak Up

15



Choices

18



Learn

19



**Decisions** 





**Skills** 

3



Issues

4



Group





**Self Advocacy** 









**Support** 

10



Speak Up

14



Strength

20



Meeting







**Skills** 

4



Group

5



**Rights** 

8



Work

Self Advocacy rocks!







**Fun** 

13



**FRED** 

15



**Choices** 

18



Learn







**Skills** 

2



Goals





Group

8



Work



rocks!







Houses

13



**FRED** 

17



Money

20



Meeting







**Skills** 

1



Houses

13



**FRED** 

15



**Choices** 

Self Advocacy rocks!







Name

18



Learn

19



**Decisions** 

20



Meeting







Goals

3



Issues





**Self Advocacy** 

10



Speak Up

★ ¥ ★
Self

Self Advocacy rocks!







Houses

14



Strength

18



Learn

20



Meeting







Issues

7



**Support** 

10



Speak Up





Houses









Strength

15



**Choices** 

18



Learn

20



Meeting







**Rights** 

8



Work

9



Fun

10



Speak Up

Self Advocacy rocks!



12



**Dreams** 

13



**FRED** 

18



Learn

19



**Decisions** 

**Self Advocacy** 

SARU Self Advocacy Resource Unit





Issues

4



Group





**Self Advocacy** 

8



Work

Self
Advocacy
rocks!







Fun

12



**Dreams** 

16



**Name** 

20



Meeting







**Skills** 

2



Goals





Rights

7



**Support** 



Self Advocacy rocks!







Work

13



**FRED** 

15



Choices

20



Meeting







Issues

4



Group





Rights





Speak Up









**Dreams** 

13



**FRED** 

15



Choices

18



Learn







Goals

3



Issues





Rights





Houses



Self Advocacy rocks!







Strength

16



**Name** 

17



Money

19



**Decisions** 







Goals

4



Group





**Self Advocacy** 

9



**Fun** 

Self Advocacy rocks!







Strength

16



**Name** 

17



Money

19



**Decisions** 







Goals

7



**Support** 





Work





Fun









**Dreams** 

16



**Name** 

17



Money

19



**Decisions** 



### NIG B





Goals



Fun





Houses



**Dreams** 







rocks!





**FRED** 



**Name** 



Money



**Decisions** 

